

2023 下

我是瑞斯拜四级

四六级我只看瑞斯拜

Actions speak louder than words.



翻译

课程观看 B 站：我是瑞斯拜



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中国政府一直大力推行义务教育（compulsory education），以使每个儿童都享有受教育的机会。自 1986 年《义务教育法》生效以来，经过不懈努力，实现了在全国推行义务教育的目标。如今，在中国，儿童年满六周岁开始上小学，从小学到初中一共接受九年义务教育。从 2008 年秋季学期开始，义务教育阶段学生无需缴纳学费。随着一系列教育改革举措的实施，中国义务教育的质量也有显著提高。

参考译文：The Chinese government has been vigorously promoting compulsory education to ensure that every child has the opportunity to receive an education. Since the implementation of the Compulsory Education Law in 1986, the goal of nationwide compulsory education has been achieved through unremitting efforts. Nowadays in China, children start attending primary school at the age of six and receive nine years of compulsory education from primary school to junior high school. Starting from the autumn semester of 2008, students in the compulsory education stage are exempt from tuition fees. With the implementation of a series of educational reform measures, the quality of compulsory education in China has also significantly improved.

改革开放 40 多年以来，中国对高等教育越来越重视，高等教育已经进入稳步发展阶段。高校学生总数已接近 4,700 万人，位居世界第一。随着我国经济的快速发展，人民生活水平不断提高，越来越多的人渴望接受高等教育。我国高校的数量和学科专业持续增加，招生人数逐年上升，教学质量也在不断改进，为更多年轻人创造了接受高等教育的机会。

参考译文：Over the past 40 years of reform and opening up, the Chinese government has placed increasing importance on higher education, and it has entered a stage of steady development. The total number of students in higher education institutions has reached nearly 47 million, ranking China as the world's top country in terms of student enrollment. With the rapid development of the Chinese economy and the continuous improvement of people's living standards, more and more individuals aspire to receive higher education. The number of universities and disciplines in China continues to increase, with a yearly rise in enrollment figures. The quality of teaching is also continuously improving, creating opportunities for a greater number of young people to pursue higher education.

中国越来越重视终身教育，发展继续教育是构建终身教育体系的有效途径。高校作为人才培养的基地，拥有先进的教学理念和优越的教学资源，理应成为继续教育的办学主体。因此，近年来许多高校适应社会需求，加强与用人单位沟通，努力探索一条符合中国国情的继续教育发展新路，以使继续教育在国家发展战略中发挥更大的作用。

参考译文：China is placing increasing emphasis on lifelong education, and the development of continuing education is an effective approach to constructing a lifelong education system. As the foundation for talent cultivation, universities possess advanced teaching concepts and superior teaching resources, making them the natural entity to undertake continuing education. Therefore, in recent years, many universities have adapted to societal demands, strengthened communication with employers, and actively explored a new path for the development of continuing education that aligns with China's national conditions. This is aimed at enabling continuing education to play a greater role in the national development strategy.

近年来,越来越多的年轻人喜爱各种形式的自助旅游。许多自助旅游者选择徒步或骑自行车出游。他们自己设计路线,自带帐篷、厨具以及其他必备的生活用品。在旅途中,自助旅游者经常能够发现一些新的美丽景点,但有时也会遇见意想不到的困难或突发事件。游客在旅行中拥抱自然、欣赏美景,同时也增强了自己克服困难的勇气和野外生存的能力。

参考译文: In recent years, an increasing number of young people have developed a liking for various forms of self-guided travel. Many independent travelers choose to hike or cycle during their trips. They design their own routes and bring along tents, cooking utensils, and other essential supplies. During their journey, self-guided travelers often have the opportunity to discover new beautiful attractions, but sometimes they may also encounter unexpected difficulties or unforeseen events. By embracing nature and appreciating the scenery, these travelers not only gain a deeper connection with their surroundings but also enhance their courage to overcome challenges and their ability to survive in the wilderness.

近年来，越来越多的城市居民为农村的田园风光所吸引，利用节假日到乡村旅游，他们住在农民家中，品尝具有当地风味的农家饭菜，有些游客还参与采摘瓜果等活动，亲身感受收获的喜悦。乡村旅游能够有效地帮助游客舒缓压力，放松心情，增进身心健康。实际上，这种旅游形式不仅能使城市游客受益，同时也能增加农民的收入，促进农村经济发展。

参考译文：In recent years, an increasing number of urban residents have been drawn to the rural countryside, utilizing holidays and vacations to engage in rural tourism. They stay in the homes of local farmers, savoring the authentic flavors of farm-style meals. Some tourists even participate in activities such as fruit-picking, allowing them to personally experience the joy of a fruitful harvest. Rural tourism effectively helps visitors relieve stress, relax, and promote physical and mental well-being. In fact, this form of tourism not only benefits urban tourists but also increases the income of farmers and stimulates rural economic development.

随着生活水平的提高，更多人开始加入到自驾游的行列之中。自驾游者既可驾驶自家车也可借车或租车出游。司机可能是车主或结伴出游者。自驾游与传统的组团旅游不同，它能够更好地满足旅游者的个性化需求，使他们更好地享受旅游的过程。自驾游尤其受到年轻出游者的欢迎。年轻人追求独立自由的生活，而自驾游恰好满足了他们的这一需求。

参考译文：

With the improvement of living standards, more people are joining the ranks of self-driving travel. Self-driving travelers have the option to drive their own vehicles or borrow/rent cars for their trips. The driver can be the vehicle owner or a companion traveler. Unlike traditional group tours, self-driving travel caters better to the individualized needs of tourists, allowing them to better enjoy the travel experience. Self-driving travel is particularly popular among young travelers. Young people pursue an independent and free lifestyle, and self-driving travel precisely meets this need for them.

太极拳(Taijiquan)起源于中国古代,是中国武术(martial art)的一个重要分支。练太极拳最初是为了自卫,现在是促进身心健康的有效锻炼方式。大量研究表明,这种锻炼方式有助于保持力量、灵活性和平衡力,并减少压力和焦虑。太极拳练习起来既容易又愉快,通过轻柔、流畅的动作,促使心情平静、头脑清晰。今天,太极拳已经传播到世界各地,深受广大健身者的喜爱。

参考翻译:

Taijiquan originated from ancient China and is an important branch of Chinese martial arts. Initially practiced for self-defense, it is now an effective exercise for promoting physical and mental health. Numerous studies show that it helps maintain strength, flexibility, and balance and reduces stress and anxiety. Taijiquan is easy and enjoyable to practice, with gentle, flowing movements promoting calmness and clarity of mind. Today, Taijiquan has spread to all over the world and is widely loved by fitness enthusiasts.

按照中国民间的传统习俗，春节期间长辈通常会给孩子发红包，俗称发压岁钱(luckymoney)，以表达对孩子的祝福，祝他们好运。如今，红包不仅是给孩子的礼物，而且经常也是给长辈或亲朋好友的礼物。近年来，随着微信用户数量的增加，微信红包变得愈加流行。欢度春节时，人们经常互发微信红包表达问候。这无疑是一种与远方亲友联系的便捷方式。

参考翻译：

According to Chinese folk customs, during the Spring Festival, seniors often give children red envelopes, commonly known as lucky money, to express their blessings and wish them good fortune. Nowadays, red envelopes are not only gifts to children but also often given to seniors or relatives and friends. In recent years, with the increase in the number of WeChat users, WeChat red envelopes have become increasingly popular. When celebrating the Spring Festival, people often exchange WeChat red envelopes as a greeting. This is undoubtedly a convenient way to connect with distant relatives and friends.

戏曲是一种中国传统的艺术形式，可以追溯到唐朝。中国戏曲吸引观众的一大特色是其独具风格的脸谱(facial painting)。脸谱代表不同角色的性格和命运。观众通过观察脸谱能够更好地理解这些角色的故事。欣赏戏曲是中国人特别是老年人的一大乐趣。为了吸引更多的年轻观众,传统戏曲正在不断地发展和创新。如今，越来越多的外国观众也喜欢中国戏曲。

参考翻译：

Chinese opera is a traditional art form dating back to the Tang Dynasty. It features unique facial paintings that represent the characters' personalities and destinies. Audiences can better understand the story by observing the facial paintings. It is a popular pastime for Chinese, especially the elderly. To attract younger audiences, traditional opera is continuously evolving and innovating. Today, more and more foreign audiences also enjoy Chinese opera.

在中国农历中, 立秋(Start of Autumn)意味着夏天的结束和秋天的开始。立秋带来的首先是天气的变化, 气温逐渐下降。人们看到树叶开始变黄飘落时, 知道秋天已经来临, 这就是所谓的“一叶知秋”。但此时酷热的天气并未完全结束, 高温通常还会持续一段时间, 被称为“秋老虎”。立秋对农民意义重大, 这时各种秋季作物迅速生长、开始成熟, 收获的季节即将到来。

参考翻译:

In the Chinese lunar calendar, the Start of Autumn marks the end of summer and the beginning of autumn. The first change brought by the Start of Autumn is in the weather, with temperatures gradually decreasing. People can tell autumn has arrived by observing yellowing leaves falling, known as "a fallen leaf indicates autumn." However, the hot weather doesn't immediately end, with high temperatures often lasting for a while, referred to as "autumn tigers." The Start of Autumn is significant for farmers, as various autumn crops quickly grow and mature, and harvest season is about to come.

立春(Start of Spring)在中国农历中表示春天的开始。立春之后,白天变得更长,天气也愈发温暖,万物开始复苏,大地充满生机。人们常说“一年之计在于春”,农民在这个时节开始播种,为全年的丰收打下基础。中国人早在三千年前就已开始在立春这一天举行庆祝活动。数百年来,迎春一直是民间的重要习俗。在春暖花开的日子里,人们常常外出游玩,欣赏春天的美景。

参考翻译:

The Start of Spring in the Chinese lunar calendar marks the beginning of spring. After the Start of Spring, days become longer and weather gets warmer, with all things starting to revive and the land full of vitality. "The key to a year lies in spring" is a common saying, and farmers begin planting at this time to lay the foundation for a bountiful harvest throughout the year. The Chinese have been celebrating this day for over 3,000 years. For hundreds of years, welcoming spring has been an important folk custom. On the days when spring is warm and flowers bloom, people often go out for recreation and appreciate the beauty of spring.

冬至(Winter Solstice)是全年白昼最短、黑夜最长的一天, 标志着一年中最寒冷时节的开始。冬至过后, 气温越来越低, 人们的户外活动逐渐减少。农民地里活儿不多, 主要忙于灌溉系统的维护和农作物的防冻,同时为来年春天播种做准备。中国人历来很重视冬至, 许多地方都把冬至当作一个节日, 庆祝方式各地不尽相同。北方人有冬至吃饺子(jiaozi)的习俗,南方人有冬至吃汤圆(tangyuan)的传统。

参考翻译:

Winter solstice marks the beginning of the coldest time of the year and is the day with the shortest amount of daylight and the longest night. After the winter solstice, temperatures continue to drop and outdoor activities decrease. Farmers have less work to do in the fields and mainly focus on maintaining irrigation systems and protecting crops from frost. They also prepare for next year's planting. The winter solstice is highly valued in China and is celebrated in various ways in different regions. In the north, people have a tradition of eating dumplings on winter solstice, while in the south people eat tangyuan.

从前有个农夫嫌他种的禾苗长得慢，就到地里把禾苗一株株地拔高了一点。回家后他对家人说：“今天可真把我累坏了！但我总算让禾苗一下子长高了。”儿子到地里去一看，禾苗都已经死光了。

现在有些家长急于让孩子成功，往往步那个农夫的后尘，搞得孩子苦不堪言，却不见孩子学业长进。这样的家长是否该对这个问题有所醒悟，让孩子自然成长呢？

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Once upon a time, there was a farmer who was dissatisfied with the slow growth of his seedlings, so he went to the field and pulled up the seedlings one by one. When he got home, he said to his family, "I've had a really exhausting day! But I managed to make the plants grow taller." When the son went to the field, all the seedlings were dead.

Now some parents, anxious for their children to succeed, often follow in the farmer's footsteps, making their children miserable but neglecting their academic progress. Should such parents wake up to this problem and let their children grow up naturally?

从前有个人养了一群羊，一天早上他准备出去放羊，发现少了一只。他仔细一看，看到羊栏 (sheepfold) 上有个窟窿。显然 夜间有狼钻进羊圈叼走了羊。邻居劝他修羊栏，可是他不听。

第二天他发现狼又通过窟窿叼走一只羊。他想起邻居的话，就 赶快堵上窟窿，把羊栏补好。此后，他的羊再也没有被狼叼走。

故事告诉我们：出了问题及时补救，可以防止蒙受更大损失。

There was once a man who had a flock of sheep, and one morning he went out to tend them, and found one sheep missing. He looked closely and saw a hole in the sheepfold. Apparently a Wolf got into a sheep ring at night and took it. His neighbors advised him to repair the sheepfold, but he wouldn't listen.

The next day he found that the Wolf had carried off a sheep through the cave dawn. Remembering what his neighbor had said, he quickly plugged up the hole and mended the sheepfold. Since then, his sheep have never been carried away by wolves.

The moral of the story is that fixing things when they go wrong can prevent a bigger loss.

从前，有个农夫正在地里耕作，突然看见一只兔子飞奔而过，撞在一棵大树上死了。农夫毫不费力就吃到了兔肉，心里非常高兴。他想，"如果总是这样该多好啊!"于是，不再耕作，每天守候在那棵树旁，等待着能再捡到撞死在树上的兔子。他等呀等，等了一天又一天，田地也荒芜了，却再也没有等到第二只兔子。人们因而都嘲笑他把偶然当成必然。

Once upon a time, there was a farmer in the field farming, suddenly saw a free son ran over, hit a tree dead farmer effortlessly eat rabbit, the in the mind is very happy he thought," if always so how good ah!" So, no longer farming, every day waiting by the tree, waiting to be able to pick up again hit dead in the tree of the son he waited and waited, and so on day after day, the field is barren, but never wait for the second son of the son people so ridiculed him as the accident as inevitable

都江堰（Dujiangyan）坐落在成都平原西部的岷江上，距成都市约 50 公里，始建于与公元前三世纪。它的独特之处在于无需用堤坝调控水流。2000 多年来，都江堰一直有效地发挥着防洪与灌溉作用，使成都平原成为旱涝保收的沃土和中国最重要的粮食产地之一，都江堰工程体现了我国人民与自然和谐共存的智慧，是全世界年代最久、仍在使用的、无坝控水的水利工程。

听课笔记：

参考翻译：

Dujiangyan, located on the Minjiang River in the west of Chengdu Plain, about 50km away from Chengdu City, was built in the third century BC. Its uniqueness is that it does not need dikes to regulate water flow. For more than 2000 years, it has been playing an effective role in flood control and irrigation, making Chengdu Plain a fertile land free from drought and flood and one of the most important grain producing areas in China. As the oldest water conservancy project in the world which is still in use and has no dike to control water, the Dujiangyan engineering reflects the wisdom of harmonious coexistence between Chinese people and nature.

大运河(**Grand Canal**) 是世界上最长的人工河,北起北京,南至杭州。它是中国历史上最宏伟的工程之一。大运河始建于公元前 4 世纪,公元 13 世纪末建成。修建之初是为了运输粮食,后来也用于运输其他商品。大运河沿线区域逐渐发展成为中国的工商业中心。长久以来,大运河对中国的经济发展发挥了重要作用,有力地促进了南北地区之间的人员往来和文化交流。

听课笔记:

参考翻译:

The Grand Canal, the longest man-made river in the world, runs from Beijing in the north to Hangzhou in the south. It is one of the most ambitious projects in Chinese history. The Grand Canal was built in the 4th century BC and completed at the end of the 13th century AD. It was built to transport grain, but later it was also used to transport other goods. The area along the Grand Canal gradually developed into the industrial and commercial center of China. For a long time, the Grand Canal has played an important role in China's economic development, and greatly promoted the people-to-people and cultural exchanges between the North and the South.

茅台（Moutai）是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒。据说赤水沿岸的村民四千年前就开始酿造茅台。在西汉时期，那里的人们生产出了高质量的茅台，并把它献给皇帝。自唐朝开始，这种地方酒通过海上丝绸之路运往海外。茅台味道柔和，有一种特殊的香味；适量饮用可以帮助缓解疲劳，有镇静作用，因而广受国内外消费者的喜爱。

参考翻译：

Moutai, the most famous liquor of China, was selected as the drink in the state banquet before the founding of the People's Republic of China. It is said that villagers along the Chishui River began to make Moutai 4,000 years ago. In the Western Han Dynasty, the people there produced high-quality Moutai, which was treated as a tribute to the emperor. Since the Tang Dynasty, the local liquor has been shipped overseas through the Maritime Silk Road. Moutai has mild flavour and a special fragrance. Drinking in moderation can help to relieve fatigue and has a calming effect, so it is widely loved by consumers at home and abroad. .

第四套：

坎儿井(Karez)是新疆干旱地区的一种水利系统,由地下渠道将水井连接而成。该系统将春夏季节渗入(seep into)地下的大量雨水及积雪融水收集起来,通过山体的自然坡度引到地面,用于灌溉农田和满足人们的日常用水需求。坎儿井减少了水在地面的蒸发(evaporation),对地表破坏很小,因而有效地保护了自然资源与生态环境。坎儿井体现了我国人民与自然和谐共存的智慧,是对人类文明的一大贡献。

参考翻译

Karez is a water conservancy system in the arid area of Xinjiang. It is formed by underground channels connecting wells. The system collects a large amount of rainwater and snow melt water that seep into the ground in spring and summer, and draws it to the ground through the natural slope of the mountain to irrigate farmland and meet people's daily water needs. Karez reduces the evaporation of water on the ground and does little damage to the surface, thus effectively protecting the natural resources and the ecological environment. Karez embodies the wisdom of the harmonious coexistence of our people and nature, and is a great contribution to human civilization.

生活在中国不同地区的人们饮食多种多样。北方人主要吃面食，南方人大多吃米饭。在沿海地区，海鲜和淡水水产品人们在饮食中占有相当大的比例，而在其他地区人们的饮食中，肉类和奶制品更为常见。四川、湖南等省份的居民普遍爱吃辛辣食物，而江苏和浙江人更喜欢甜食。然而，因为烹饪方式各异，同类食物的味道可能会有所不同。

参考翻译：

People living in different parts of China have a variety of diets. People in the north mainly eat flour while people in the south mostly eat rice. In coastal areas, seafood and fresh water products occupy a large proportion of people's diet, while in other areas, meat and dairy products are more common in people's diet. People in Sichuan and Hunan provinces generally prefer spicy food, while people in Jiangsu and Zhejiang prefer sweet food. However, food may taste different from one another because it is cooked differently.

春节前夕吃团圆饭是中国人的传统。团圆饭是一年中最重要的晚餐,也是家庭团聚的最佳时机,家人生活在不同地方的家庭尤其如此。团圆饭上的菜肴丰富多样,其中有些菜肴有特殊含义。例如,鱼是不可缺少的一道菜,因为汉语中的“鱼”字和“余”字听上去一样。在中国的许多地方,饺子也是一道重要的佳肴,因为饺子象征着财富和好运。

参考翻译

It is a Chinese tradition to have a family reunion dinner on the eve of Spring Festival. The reunion dinner is the most important dinner of the year and the best time for families to get together, especially those whose families live in different parts of the country. There are a variety of dishes, some of which have special meanings. For example, fish is an indispensable dish because the Chinese word for "fish" sounds the same as the word for "yu". Dumplings are also an important delicacy in many parts of China as they symbolize wealth and good luck.

鱼是春节前夕餐桌上不可或缺的一道菜,因为汉语中“鱼”字的发音与“余”字的发音相同。正由于这个象征性的意义,春节期间鱼也作为礼物送给亲戚朋友。鱼的象征意义据说源于中国传统文化。中国人有节省的传统,他们认为节省得愈多,就感到愈为安全。今天,尽管人们愈来愈富裕了,但他们仍然认为节省是一种值得弘扬的美德。

参考翻译

Fish is an indispensable dish on the Chinese New Year's Eve, as the Chinese word for "fish" is pronounced the same as the Chinese word for "yu". Because of this symbolic significance, fish are also given as gifts to relatives and friends during the Spring Festival. The symbolic meaning of fish is said to come from traditional Chinese culture. The Chinese have a tradition of saving. They believe that the more they save, the safer they feel. Today, although people are getting richer and richer, they still think saving is a virtue worth promoting.

铁观音(Tieguanyin)是中国最受欢迎的茶之一,原产于福建省安溪县西坪镇,如今安溪全县普遍种植,但该县不同地区生产的铁观音又各具风味。铁观音一年四季均可采摘,尤以春秋两季采摘的茶叶品质最佳。铁观音的加工非常复杂,需要专门的技术和丰富的经验。铁观音含有多种维生素,喝起来口感独特。常饮铁观音有助于预防心脏病、降低血压、增强记忆力。

参考翻译

Tieguanyin is one of the most popular teas in China. It was originally produced in Xiping Town, Anxi County, Fujian Province. Nowadays, It is widely grown in anxi County, but Tieguanyin produced in different parts of the county has its own flavor. Tieguanyin can be picked all the year round, especially the spring and autumn tea picked the best quality. The processing of Tieguanyin is very complicated and requires special technology and rich experience. Tieguanyin contains a variety of vitamins and tastes unique. Drinking tieguanyin regularly can help prevent heart disease, lower blood pressure and improve memory.

普洱茶深受中国人喜爱。最好的普洱茶产自云南的西双版纳，那里的气候和环境为普洱茶树的生长提供了最佳条件。普洱茶颜色较深，味道与其他许多茶截然不同。茶泡的时间越长越有味道。许多爱喝茶的人尤其喜欢其独特的香味和口感。茶含有多种有益健康的元素，常饮普洱茶有助于保护心脏和血管，还有减肥、消除疲劳和促进消化的功效。

参考翻译

Pu 'er tea is loved by the Chinese. The best Pu 'er tea is produced in Xishuangbanna, Yunnan province, where the climate and environment provide the best conditions for the growth of Pu 'er tea trees. Pu 'er is dark in color and tastes quite different from many other teas. The longer the tea brews, the more flavorful it becomes. Many tea lovers especially enjoy its unique aroma and taste. Tea contains a variety of healthy elements, regularly drinking Puyang tea can help protect the heart and blood vessels, as well as weight loss, eliminate fatigue and improve digestion.